

Here are some of the Strategies for Early Educators and Strategies for Families for the subdomain Motor Skills. We believe these would help the teacher address the given scenario and CHANGE PRACTICE to better meet the needs of children, and to align better with the expectations for what children begin to do in prekindergarten.

### Strategies for Early Educators

- Encourage children to take part in active play every day, such as climbing, running, hopping, rhythmic movement, dance, and movement to music and games.
- Supervise and participate in daily outdoor play. Provide adequate space and age-appropriate equipment and materials, with adaptations as needed.
- Plan daily physical activities that are vigorous as well as developmentally and individually appropriate.

### Strategies for Families

- Make physical activity a big part of your child's daily life - running, hopping, dancing, playing games, and moving rhythmically.
- Supervise and take part in frequent periods of outdoor play and forms of exercise that enhance physical fitness.

Here are a few relevant strategies from the one of the other subdomains within Health and Physical Development – Health and Physical Development.

### Strategies for Early Educators

- Provide time for frequent exercise and active play by limiting the use of television and videos in the classroom.
- Increase opportunities, supervise and actively participate in children's outdoor play.
- Play visual and auditory discrimination games such as "I spy" and take listening walks.

### Strategies for Families

- Encourage exercise and active play and limit the time your child spends watching television, playing video games, and using the computer.

- Increase outdoor play and provide appropriate supervision.